



Setting Personal and Professional Goals

Everyone is six inches away from experiencing huge successes and breakthroughs in their life.

Six inches, you say? Absolutely!

That's the distance between your ears.

The best way to improve yourself is to change what goes into your mind. What you think determines what you do. What you do determines what you accomplish.

If you are faced with a difficulty, you must focus on the solution and not the problem.

Doesn't that thought process make more sense than rehashing the problem?

Solutions are inherently positive. They take you away from the negative thoughts.

The focus must be on where you want to be and what you want to do. And then begin moving in that direction ... immediately.

Write your Goals Down!

Magic happens when you put your goals down on paper. Your subconscious starts trying to figure out ways to make your goals become a reality.

In 1960, Harvard Business School did a study of their graduates 20 years after they had graduated. They found the top 3 percent moneymakers made as much money as the other 97 percent put together. The only difference between the two groups was the top 3 percent had always written and regularly read their goals. As a result, everything they did on a day-to-day basis was focused on reaching their goals.

When Tiger Woods was a young boy, he wrote down on a 3x5 card that he intended to break all of Jack Nicklaus' records. Jack Nicklaus agrees that Woods can do it if he stays on the track he's on.

Dr. Harold Fink, noted psychiatrist once wrote six steps that will help someone realize their success:

- Set yourself a definite goal
- Quit running yourself down
- Stop thinking of all the reasons why you cannot be successful and instead think of all the reasons why you can
- Trace your attitudes back through your childhood and try to discover where you first got the idea you couldn't be successful, if that's the way you've been thinking
- Change the image you have of yourself by writing out a description of the person you would like to be

Act the part of the successful person you have decided to become!



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Take Action!

A popular approach in writing goals is to take a 3x5 card and on one side write:

"I intend to.... by (date)."

On the other side of your card write why,

"I intend to accomplish this because..."

Then write at least three reasons why you will do it. The reasons increase your belief.

Read your card first thing in the morning EVERY DAY to stay focused on the objective. Then read your card EVERY NIGHT before turning out the lights so your subconscious can work all night on ways to make it happen.

Commit

Do whatever it takes (as long as it is moral, legal and ethical) to succeed.

The difference between people is there are those who are interested and there are those who are committed. The key to success in life is going from being interested to being committed. Once you are committed you will produce results. At the point of commitment, you are mentally focused on doing whatever it takes to make it happen.

THAT'S when you become unstoppable!



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